



COUNTYWIDE FITNESS CHALLENGE 2013



WALK IT OFF!

Whittier Narrows Recreation Area

751 South Santa Anita Avenue
South El Monte, CA 91733

1st Supervisorial District

APPEARANCE BY SNOOPY

EXERCISE SESSIONS

HEALTH SCREENINGS

FACE PAINTING

HEALTHY SNACKS

FREE GIVEAWAYS

DRAWING PRIZES

5K FITNESS WALK
8:30 a.m.

Saturday, May 18, 2013

8:00 a.m. – Noon

Join us for a day of family fun featuring a
5K fitness walk and wellness screenings.

American Cancer Society Booth

American Diabetes Association Booth

American Heart Association Booth

Hula Hoop & Jump Rope Contests

Massage Therapy

Medical & Dental Plan Booths

Parks and Recreation

"Play for Life!" Booth

RSVP to secure your giveaway at
<http://dhr.lacounty.info>

EXERCISE SESSIONS:

Extreme Bootcamp
Pilates and Cardio Aerobics
Kick Boxing

HEALTH SCREENINGS FOR:

Blood Pressure
Body Mass Index
Carotid Artery
Cholesterol
Glucose
Lung Function

